



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

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What is Public Health?

In 1988 the Institute of Medicine defined public health as, "Fulfilling society's interest in assuring conditions in which people can be healthy." Essentially public health is focused on preventing disease, prolonging life, and promoting health. We want to see 'healthy people and healthy places.'

Did you know April 3-9 was National Public Health Week? In recognition of public health let us consider how public health impacts our daily lives.

Many of our city water sources have fluoride added, which helps prevent dental cavities and tooth loss later in life.

Those immunizations you receive as a child and adult are one of the greatest public health victories- sharply reducing polio, measles, pertussis, diphtheria, and other diseases people use to commonly experience.

Enjoying a cup of orange juice or milk today? It has been inspected and is free of bacteria and other pathogens because of pasteurization.

Eating at a local restaurant, deli, or bakery you are less likely to be exposed to a food borne illness because they are inspected and required to follow certain sanitation codes.

The law requires we wear seat belts and use car seats for children. For adults, wearing a seat belt reduces their risk of death or serious injury by 50% if they were in a car accident.

As you can see public health policy and initiatives are part of our everyday life aiming to protect and promote health.

The Public Health Wessex Training Group created a short YouTube video, "[What is Public Health](https://m.youtube.com/watch?v=oy1CAMObRzc)," that explains the basics of public health. If interested check out the following link <https://m.youtube.com/watch?v=oy1CAMObRzc>



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Summer Food Safety

Summer holidays give us a break, but providing safe food should never take a vacation. Keep these food safety practices in mind this summer.



Clean: Even if you are not eating the outside of a fruit or vegetable rinse the outside before cutting to prevent the spread of bacteria to the inside.

Separate: Place meats and vegetables in separate, sealed bags inside coolers to avoid cross contamination. Keep raw meats separate from cooked meat or vegetables.

Cook: Use a meat thermometer to determine if meat is cooked to the safe temperature, do not trust what it looks like.

Chill: Keeping food cool on hot days can be challenging. Place cold food items in a bowl inside another bowl of ice to keep chilled.



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations including influenza vaccine is given at all these clinics)

May 3rd—Late Muscoda Kratochwill Building from 2:00pm to 6:30pm

May 4th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

May 9th—Boscobel United Methodist Church from 9:30am to 3:30pm

May 10th—Fennimore United Methodist Church from 9:00am to 3:30pm

May 16th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

May 18th—Late Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

May 23rd—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

May 25th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:

May 29th

Sun Safety



The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Below are some suggestions to help protect yourself and your family from the sun.

Use the Shade—Seek shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Wear a Hat—The best protection is to wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. If you or your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.

Wear Sunglasses—Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Choose sunglasses that block both UVA and UVB rays. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Use Sunscreen - Use a broad spectrum sunscreen with at least SPF 30

Put sunscreen on 30 minutes before going out in the sun.

Use one ounce, about the amount of sunscreen that fits into your palm, to cover your entire body

Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Check the sunscreen's expiration date. If no expiration date is listed, sunscreen is good for 3 years, although exposure to heat may reduce the time sunscreen is effective.

Grant County Rural Safety Day June 13rd

Rural Safety Day is a program designed to provide youth skills that will help them stay safe in our rural environment. They will learn how to identify possible hazards and to respond correctly if an accident does occur. Safety topics planned: Electrical, ATV, Chemical look a likes, first aid, tug of grain, lawn mower and small engine, and gun safety. Topics subject to change due to availability of speakers.

Brandon Williams, former football player for the Badgers and NFL. will be doing a presentation this year at Rural Safety Day.

It will be held at the Grant County Fairgrounds in Lancaster from 9:30 am to 3:00 pm (Registration starts at 8:45am) There is no cost to the program.
(Lunch and snacks provided).

Registration forms will be sent home through school. For more information/registration forms, please contact the Grant County Health Department at 608-723-6416. Forms can also be found on the county website www.co.grant.wi.gov under Health Department then Brochures. Registration forms are due to the Grant County Health Department by June 9, 2017.

Grant County



Rural Safety Day

100 miles in 100 Days



UNITE is a community collaborative working to bring positive change to the Platteville area. They are hosting their 3rd annual **100 miles in 100 days** challenge. Engaging in an active lifestyle helps to improve our physical and mental health. Local employers are encouraged to enter a company team of employees. This is a great way to engage employees and recognize the importance of staying healthy. Not involved with a company team; feel free to create a team of friends and family. Individuals can also join the movement.

If interested head to the UNITE website at <http://www.uniteplatteville.org/100miles.html>.

The kick-off event will be held May 5, 2017 from 5-9pm (the walk begins at 7:15 pm) at the Southwest Health EMS Station in Platteville.



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